



## U18 OFF SEASON PROGRAM 2020

### **“WHAT IS YOUR WHY”**

2005 / 2004 / 2003 BORN PLAYERS

**JUNE 29TH TO AUG 28TH (9 WEEKS) NO TRAINING AUGUST 3**

**SUMMER** 5 days per week (Monday to Friday)

- 3 on ice sessions weekly
- 4 dryland sessions weekly
- 1 athletic stretching session with yoga instructor

**INVESTMENT: \$2899 +GST / WEEKLY PROGRAM DEPENDANT ON AVAILABILITY 370.43 +GST**

IHD U18 off season program is for players who want to dedicate their off season to prepare them for a successful season in JR hockey- all training sessions are located at [Planet Ice Delta](#).

**ON ICE TRAINING:** each session will be themed as follows:

**SKILL + SKATING DEVELOPMENT:** players will work on the critical fundamentals; we must master the fundamentals through correct repetition to form elite habits.

**SPLIT ICE POSITIONAL DEVELOPMENT:** forwards at one end of the rink and D at the other end, separating the group into smaller working groups to allow the players to target the critical aspects of their unique game.

**GAME SITUATIONS + COMPETITION:** this is a compete practice that will include several battle and compete drills. We will also use this ice session for high intensity scrimmages.

## **DRYLAND TRAINING:**

Preparing yourself for Jr hockey is a difficult process. Players at the next level will be older, bigger, faster and stronger. The off season is a critical time for players to focus on **INDIVIDUAL** development. Too many players use the off season to play games and continue the cycle of the regular season. Developing athletes need to be able to separate the mindset of **in season vs off season**. It is particularly important for the players to have guidance and personalized coaching to execute the correct training methods. Improper programming and mechanics, in the gym, can lead to long term injury and setbacks.

In this program, players can expect to be pushed hard to maximize their growth and development to prepare them for the tough challenges they will face in the future. This will be an intense, competitive and demanding program, but most importantly it will be rewarding!